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Winnipeg metro

THE NEXT KITCHEN STAPLE: MATCHA P. 12

Your essential daily news | WEDNESDAY, APRIL 8, 2015 | High 9°C/Low -3°C Cloudy

SHANE GIBSON/ METRO

Elderly woman hit and killed

Firefighters look at a pair of shoes left on the roadway after an elderly woman was hit and killed by a bus near the corner of Keewatin Street and Burrows Avenue, shortly after 9 a.m. Tuesday. Any witnesses are asked to call police at 204-986-6271.

Girl still in coma

SEXUAL ASSAULT

Family hoping for full recovery

Relatives of a teenage girl who was found badly beaten last week in downtown Winnipeg say she is still in a medically induced coma.

They say they're hopeful she will make a full recovery but don't know how long that could take.

Police have charged a boy with aggravated assault and aggravated sexual assault.

Both 15-year-olds were under the care of Manitoba Child and Family Services and were being housed in the same downtown hotel.

On Monday, family members said her injuries are so severe they had a hard time recognizing her.

One of her uncles described the girl as very friendly and outgoing.

He said the family is struggling to cope with the attack, saying they are all "really hurt."

He said when he looks at his niece he can't help but think of Tina Fontaine, the teen who stayed at the same hotel while in CFS care, and ran away. Her body was discovered in the Red River in July.

"Obviously CFS didn't learn from the first time so there needs to be more action taken against them this time, I do believe," said the uncle, who isn't being named to protect the girl's identity.

The relatives said that three days before the latest attack, the girl had been beaten up by three other girls at the hotel who were also in CFS care.

In an email, the province said it has no information on that incident.

THE CANADIAN PRESS

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metro NEWS
Your essential daily news

White House goes dark. Page 9

Police seek teens who fled fire

SUSPECTED ARSON

City was set to demolish the building

Shane Gibson
Metro | Winnipeg

Police are looking for five teens seen running from a vacant downtown apartment block as it went up in flames Monday night.

Witnesses have told police three girls and two boys between the ages of 14 and 15 were seen in and around the century-old, four-storey building at 44 Hargrave St. just before the fire started around 6:45 p.m.

The Arson Unit continues to investigate, but police spokesman Const. Jason Michalyshen said the witness accounts lead investigators to believe the blaze — which caused $1 million in damage — was deliberately set.

"When someone's running away from something … they may or may not have had something to do with the incident," Michalyshen said.

"These are individuals that we absolutely want to speak to to determine what they know and whether or not they had anything to do with the setting of the fire."

The apartment was completely destroyed, and the building next door was also evacuated after sustaining some damage.

Neighbours said the building has been vacant since 2007 and at times looked to be under construction and at other times looked as if it were being demolished.

"They'd sort of work on stuff, run out of money, then wait till they got more money," said Mark Stevens, who manages the apartment across the back lane.

A city spokesperson said an outstanding order to either repair or demolish had expired and the city was taking action to level the structure.

Michalyshen said vacant buildings can be very inviting for vandals and arsonists.

"We do our very best to … ensure that these locations are safe," he said.

"We don't want to give anyone an opportunity to set a fire or be curious about setting a fire because we know big fires like this start small."

Police are looking for three girls and two boys over a fire that destroyed a Hargrave Street apartment block on Monday. Inset: The building was left an empty shell. Demolition began on Tuesday. SHANE GIBSON/METRO

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HUDSON'S BAY

How do you spell history? With these 72 old letters

SPECIAL DELIVERY

Convention centre signage up for sale by salvage firm

Shane Gibson
Metro | Winnipeg

Want to buy a vowel?

A local salvage company is selling each of the large letters that used to spell out "Winnipeg Convention Centre" on the sides of the building that were removed after its name changed and construction on its expansion started a little over two years ago.

"We did the demolition and any demolition that we do we try to bring salvage back to our yard," explained Walter Orzech, division manager with Salvage Supermarket on Oxford Street West. "We have a 22-acre salvage yard… and I've got lots of stuff."

The letters range in size from seven feet tall (the W's are the biggest) to about three feet tall for the smallest of the other letters.

And because the signage was on three sides of the building, Orzech has no less than 72 letters up for sale.

The larger letters are selling for $250 a piece and the price drops to as low as $80 for the smaller ones.

Although he's had them listed on the business' website for about a year, Orzech said he has yet to sell a single letter.

"We've had brass letters and letters from other signs and they generally sell pretty well," said Orzech. "But something big like this is generally a specialty product.

"I've got a couple offers but they've been for about half of what I'm asking and I'm not willing to go down that low."

You can check out the letters at salvagesupermarket.com.

Walter Orzech of Salvage Supermarket stands next to one of the giant letters that used to spell out "Winnipeg Convention Centre" on the downtown building before they were removed during construction. SHANE GIBSON/METRO WINNIPEG

> **Something big like this is generally a specialty product**
> Walter Orzech, Salvage Supermarket

Sinead O'Connor GETTY IMAGES

INTERSTELLAR RODEO

New music festival at the Forks

A new music festival to be held at the Forks will combine some of the world's best music with Winnipeg's best food and wine.

Interstellar Rodeo was announced on Tuesday, and will include artists like Sinead O'Connor, Steve Earle & the Dukes, and Blue Rodeo, among many others.

"With only one stage and a mandate to offer a sophisticated and distinctive take on the festival experience, Interstellar Rodeo is a meticulously curated weekend celebration of music, wine and food excellence," reads a statement from the group.

"Interstellar Rodeo Winnipeg explodes out of the gates in its first year with a lineup that brings together some of the world's most compelling, original and masterful artists ever to top charts."

Other confirmed artists include Dwight Yoakam, Vance Joy, Hawksley Workman, Tanya Tagaq and Elliott Brood.

The festival runs Aug. 14-16 at the Forks. Passes go on sale Friday, April 10, at interstellarradio.com from $82.50 to $225, with early bird pricing at the beginning. METRO

MUSIC

Aussie band says Winnipeg has special spot in their hearts

'Peg city has a special place in the hearts of Australia's The Cat Empire.

Despite similar experiences of communion with fellow musicians in Calgary, Ottawa and Vancouver, as far as Canadian cities go "Winnipeg is probably my favourite," said lead singer Felix Riebl.

The band from Down Under stops by the Burton Cummings Theatre on Wednesday.

After a 2014 North American hiatus, the genre-fusing, multi-platinum-selling, regularly globe-touring group — armed with new songs from its most recent album Steal the Light (2013) — began its 15-date tour of Canada and the U.S. last week.

It's fond memories of playing the Winnipeg Folk Festival that makes Riebl testify to the city having "a place in our heart."

The group's Wikipedia page even has a feature photo of them performing at the event in 2013.

Not that visiting has always been easy. Riebl recalls starting out in the early 2000s, driving themselves across the country.

"That's one thing Canada and Australia share, is great distance between cities," he said.

Good thing their audiences "can fill you up with a lot of energy," he added. That was needed even more in the band's period of running an incessant loop of non-stop touring, plus studio time.

There's fortunately more of a happy balance these days.

"Even if there are four months of the year spent touring, that still leaves us plenty of time for everything else," Riebl said.

Still, The Cat Empire "is known as a live band, and we've found a lot of fans that way," he added.

"And it happens to be a very enjoyable thing for us to do."

KENTON SMITH/FOR METRO

The Cat Empire is playing the Burton Cummings Theatre on Wednesday evening as part of a 15-date tour of Canada and the U.S. COURTESY THE CAT EMPIRE

A trip down memory lane for MetroBee

By Bernice Pontanilla

It's been a slice, Winnipeg Metro readers! After 16 years in journalism, I'm moving on to the communications field. It's impossible to sum up the experiences and lessons this profession has bestowed on me in any column size. Instead — and in keeping with the nostalgia I feel as I type these words — let us take a trip down MetroBee's memory lane.

My favourite photo subject at Metro Winnipeg was Gertrude the Chicken, who clucked her way into my heart at City Hall.
BERNICE PONTANILLA/METRO

1 THE PRIDE IN 'PEG CITY

The talent in Winnipeg never ceases to amaze me. Yes, there are the pros such as the incomparable Royal Winnipeg Ballet, but there are also everyday citizens who volunteer hours honouring their roots, be it through dance, music or theatre, and via a myriad of festivals, such as Folklorama.

2 THE UNEXPECTED

Those of you who follow me on social media know that I absolutely adored covering Winnipeg city hall. "Delicious drama" is how I often referred to the politics at play, but it's important to remember that the people who work there are human. City hall also gave me the chance to photograph Gertrude, who made a surprise appearance during the backyard chicken debate. It's one of my faves.

3 THE CELEBRITIES

Now, I'm not a Monarchist by any stretch, but being within two feet of Prince Charles in May of 2014 was pretty cool.

And this wasn't planned. I just happened to be in the right place at the perfect time.

Other notables I covered included Hillary Rodham Clinton, Martin Luther King III and Dog the Bounty Hunter.

4 THE PEOPLE

To be honest, I always preferred speaking to ordinary folks who were touched by extraordinary events. Some of those events were incredibly sad, others were happy — and then there were the hard-to-believe. The biggest story I broke during my time at Metro was the Toilet Squirrel … and to this day I still find that nutty.

5 THE PENDING

Too many topics, not enough time. One day this past winter, I saw a man in a wheelchair trying to navigate the snowy streets and made a mental note to write more on poverty. Never got around to it, but I move on with the knowledge that there are many wonderful journalists who will and, most importantly, readers who will appreciate it. Thank you all!

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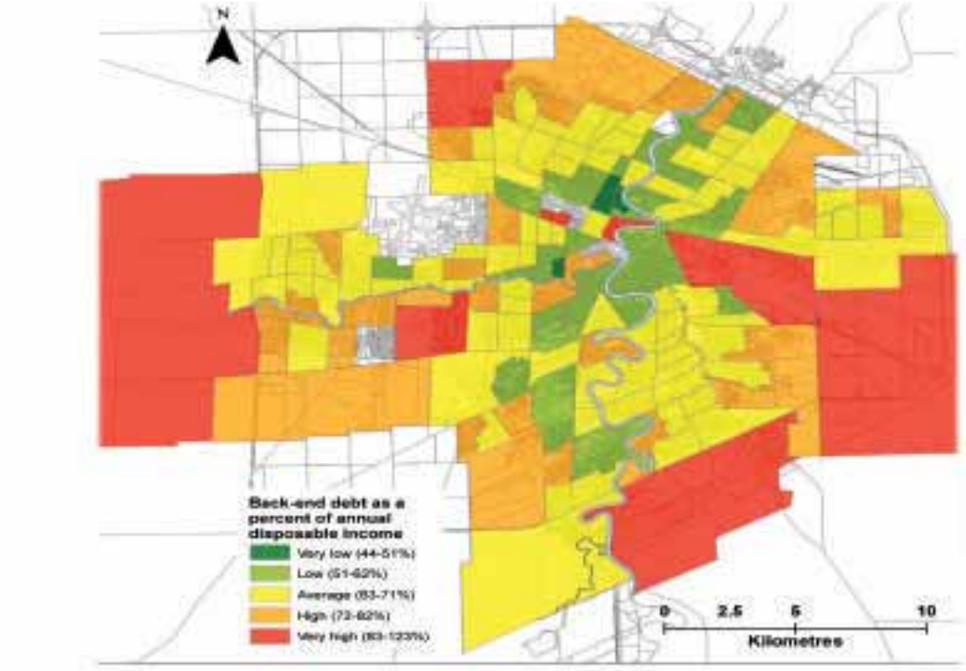

A map produced in a study of debt across the city shows geographic areas with very high household debt in red and very low debt in green. CONTRIBUTED

Study maps debt

MONEY PROBLEMS

Poorer areas at higher risk of bankruptcy

Bernice Pontanilla
Metro | Winnipeg

A new study from the Institute of Urban Studies at the University of Winnipeg shows the perils of non-mortgage debt through a unique mapping approach. Adrian Werner, research associate at the institute said the "Living in the Red" study provides a "more nuanced picture" of what most households are dealing with when it comes to debt.

"Most importantly, (the study) helps education, outreach and policy," said Werner, adding that policy-makers will be able to look at their maps and "really target areas."

The study, which mapped Winnipeg's "debt-scape," showed that homeowners in more prosperous neighbourhoods like Tuxedo carried the most debt, but had a low bankruptcy risk. Meanwhile, households in poorer areas such as the North End and West End had lower consumer debt but a much higher bankruptcy risk.

Neighbourhoods like Fort Rouge showed debt levels that varied considerably even from block-to-block, which the study authors attributed as showing an area in transition.

> **Most importantly, (the study) helps education, outreach and policy.**
> Adrian Werner

Werner said currently, Canadian households are the deepest in debt they've been since Statistics Canada started collecting this specific data in 1961.

"Anyone could benefit from taking on a little less debt," said Werner, however, the goal of the study is to better understand and better educate the public on how non-mortgage debt is affecting Canadian households.

The worry, added Werner, is that interest rates will once again climb and have detrimental effects on those with high debt.

Fellow author Jino Distasio, the institute's director and associate vice-president of research and innovation at the University of Winnipeg, said their "block-by-block snapshot provides visual a portrait of this trend while exploring some of the potential causes of high debt across the city." Go to www.uwinnipeg.ca/index/ius-index for the full study.

DRUG TRIALS

Guinea may be key to Ebola vaccine

When research teams planning clinical trials of Ebola vaccines were divvying up West Africa last fall, no one wanted Guinea.

Six months later, the last player chosen seems likely to be the only one capable of crossing the finish line. The best hope to prove an Ebola vaccine works now rests with the West African country where the outbreak began.

"We are firmly convinced we will get results," says Dr. Marie-Paule Kieny, a senior World Health Organization official who is principal investigator of the Guinea vaccine trials, which are testing a vaccine made at Canada's National Microbiology Laboratory in Winnipeg.

"There are enough cases. We are scaling up."

Kieny, who is spearheading the WHO's efforts to develop and deploy Ebola vaccines and drugs, says there were fears Guineans might resist being vaccinated, but that hasn't been the case.

"Absolutely no problem," she reports.

The irony of the situation — that Guinea might provide the till-now elusive answer — isn't lost on the partners in the consortium conducting the trials there.

They include the WHO, Guinea's Ministry of Health, Medecins Sans Frontieres and the Norwegian Institute of Public Health. Funding comes from a variety of sources, including Canada and the British charity Wellcome Trust.

When parties planning the studies met at the WHO's Geneva headquarters in October, Liberia and Sierra Leone appeared to be far more fertile ground. Guinea's health infrastructure was considered too rudimentary, and villages in some affected parts of the country were refusing to co-operate with Ebola response teams.

THE CANADIAN PRESS

PEST CONTROL

Petition launched to end gopher-killing

A Winnipeg woman has launched a petition to save the city's gophers from being gassed.

Paige McNabb, 18, says it's unfair that gophers will die for being "annoying."

Winnipeg is switching this year from using regular poison for gopher control, to a system that fires a device down gopher holes that produces a deadly gas. The city says it is making the change after a dog became seriously ill last year after eating poison meant for gophers.

The control program is meant to reduce the number of holes that injure walkers and athletes at city parks. McNabb says other gopher-control methods could be used, such as relocating the rodents, posting warning signs about the holes, or by planting gopher spurge to keep them away.

"When I heard about the gassing and killing of the gophers, I was instantly upset about it," McNabb said. "I was discussing the matter with my boyfriend when he suggested I start the petition."

A city spokeswoman said gopher control is a necessary procedure in parks, and that the new method has been tested.

THE CANADIAN PRESS

Paige Beaudry of Dartmouth, N.S., sustained burns to the face after being assaulted by a woman with a hot slice of pizza.
JEFF HARPER/METRO IN HALIFAX

Pizza burn victim speaks

NOVA SCOTIA

Woman says she did nothing to provoke vicious attack

Julia Manoukian
for Metro | Halifax

When Paige Beaudry went out for a late-night slice with her boyfriend, the last thing she expected was to have smouldering-hot pizza smeared in her face.

The 22-year-old Dartmouth, N.S., woman was visiting her parents in Truro, N.S., for Easter weekend. After going out to a popular local pub, the Engine Room, the two headed out for pizza around 2:15 a.m.

"We were waiting in line, maybe 10 to 15 minutes, and there were these three girls in front of me. I noticed them at the Engine Room."

"This gentleman comes up, and I don't think he knew them, but he was trying to pick up the brunette in the group (at the Engine Room) … he was trying to butt in line, and I was like, 'Dude, we've been waiting here,'" said Beaudry from her living room in Dartmouth on Tuesday morning, her face and neck covered with scabbing burns.

Beaudry was quick to point out she wasn't overly rude in telling the man to go to the back of the line.

"The girl in front of me said, 'Oh, he's with me, do you have a problem with that?' I just said, 'If you're going to butt, whatever, I don't want a huge scene.' And then the girl with the pizza said, 'What did you say? Do you want this piece of pizza in your face?,' she recalled.

"I just said nothing and kept looking straight," Beaudry then added. "And she just came across and smushed me with this pizza that literally just came out of the oven. It was steaming hot."

The large slice, fresh out of the oven at about 300 C, ruined all of the clothes she was wearing, including her jacket, which Beaudry said was pretty expensive.

At the hospital, she said doctors helped soak her face in saline to try and take the heat out. She's still waiting to hear back from a plastic surgeon on the severity of her burns.

Three women turned themselves in to police Monday. A 29-year-old woman is being charged with assault causing bodily harm in connection with the incident.

IN BRIEF

Feds keeping Fahmy from getting passport: Lawyer
The lawyer for Mohamed Fahmy, a Canadian journalist who spent more than a year in a Cairo prison and faces long-decried terror charges in Egypt is accusing the federal government of blocking his client's passport application. THE CANADIAN PRESS

Man shot dead by police pointed loaded rifle: RCMP
A Newfoundland man shot dead by an officer checking out perceived Twitter threats against Premier Paul Davis had aimed a loaded rifle at the investigator, says the RCMP.
THE CANADIAN PRESS

HEALTH

Transfusion gives boy temporary food allergy

A boy being treated for brain cancer at Toronto's Hospital for Sick Children got more than he bargained for when he was given blood transfusions, a new report in a medical journal reveals.

The unidentified boy developed temporary food allergies after receiving a range of blood products.

Doctors at the hospital suspected he had been sensitized to the foods through the blood transfusions. A trace back of the blood products revealed that one of the donors had severe allergies to peanuts, tree nuts, shellfish and other fish.

The boy had no known allergies before receiving the blood transfusions. But a skin scratch test revealed he reacted to the same foods as his blood donor did.

Salmon and a peanut butter cup are what sent him to hospital.

"His parents were very surprised because they could give a very clear history of repeatedly and commonly eating fish and peanuts. So it was very surprising that he then had these reactions. And it was that history that led us to think about: Could there be an unusual cause here?" said Dr. Julia Upton, an allergist-immunologist at the hospital.

In this case, tests revealed the boy had IgE — an antibody that signals an allergic reaction — in his blood after he reacted to the foods. The theory is he acquired the antibody through the blood transfusion.

The hospital told the boy's parents the IgE would probably clear from his blood over time. And that is what happened. The foods he reacted to have been reintroduced into his diet without further reactions.
THE CANADIAN PRESS

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‘Not guilty, Your Honour’

EXPENSE SCANDAL

Trial starts for suspended senator Mike Duffy

Attending a friend’s funeral; taking a shopping trip to buy a puppy; making sure he was on hand for the birth of his grandchild.

There was nothing wrong with Mike Duffy doing any of those things — except for one major problem, the crown argued Tuesday during the opening act of the year’s most eagerly awaited political legal drama.

“He bills it back to the Senate,” deputy Crown attorney Mark Holmes said as he kicked off the case against Duffy, the television personality-turned-Conservative-senator whose disputed expense claims have rocked the government.

The suspended senator, who faces 31 counts of fraud, breach of trust and bribery, delivered his plea after the court clerk read the charges into the record.

“I am not guilty, Your Honour,” Duffy, clad in a dark suit adorned with a white pocket square, told Ontario Justice Charles Vaillancourt in a clear, steady voice.

Over the course of 40 minutes, Holmes laid out why the prosecution believes Duffy is, in fact, guilty of defrauding the public purse by deliberately manipulating the financial policies of the Senate in order to charge taxpayers for personal business, or else simply hiding his activities from Senate scrutiny.

“There is something more fundamental at play and I think it can be reduced to two propositions,” Holmes said. “One, you can’t steal from your employer; and two, you can’t abuse your position of authority to unjustly enrich yourself.”

The Crown intends to prove, Holmes said, that in a number of instances where Duffy filed expenses on the grounds he was conducting Senate business, he was actually on a trip for personal reasons. Those travel expenses were just one of four different chapters of charges laid out by the Crown.

Holmes also laid out the Crown’s case with regard to $82,000 worth of living expenses Duffy filed for a secondary residence in the national capital region, the issue that first sparked the Senate scandal back in late 2012.

Duffy declared in Senate paperwork that his primary residence was in Prince Edward Island, the province for which he was appointed to serve by Prime Minister Stephen Harper.

The problem with that, Holmes said, is that Duffy didn’t really live in P.E.I. — at least not by any “common-sense” interpretation of what “primary residence” means. Instead, Duffy lived in the same home in Kanata, Ont., outside Ottawa, that he and his wife had owned for five years prior to his appointment.

Duffy’s lawyer Donald Bayne did his best to refute Holmes, saying any notion of “common sense” has no application when it comes to interpreting the Senate’s rules and statutes — none of which his client violated.

The trial will provide Duffy a chance to clear his name, but there is more at stake than his reputation. While police investigators have raised questions about the former broadcaster’s living and travel expense claims while he was a sitting senator, the credibility of the Conservative Party of Canada and some key players in the Prime Minister’s Office is also likely to be dragged into the spotlight.

At the centre of the bribery allegation is Nigel Wright, Prime Minister Stephen Harper’s former chief of staff. Wright resigned after a media report revealed he provided a $90,000 cheque used to repay the living expenses that Duffy had claimed since being appointed by Harper.

However, the Mounties have said there was no evidence to support criminal charges against Wright. THE CANADIAN PRESS

Suspended senator Mike Duffy enters a car on Tuesday as he leaves the first day of his trial in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

+ TRIAL

Duffy’s trial is currently scheduled to last more than 40 days.

DUFFY: DAY 1

THE ALLEGED EXPENSES

- Hair & makeup $300
- Speaking trip $3K
- Trip to see daughter’s play $8K

PLUS Puppy scouting (price unknown)

> **I have no knowledge of these things. I will not be called as a witness.**
> PM Stephen Harper

> **One, you can’t steal from your employer; and two, you can’t abuse your position of authority to unjustly enrich yourself.**
> Deputy Crown attorney Mark Holmes

> **We have offered the Crown every possible assistance in their case against Mr. Duffy.**
> Prime Minister Harper

> **Sen. Duffy is probably ineligible to sit in the Senate as a representative of Prince Edward Island.**
> Mark Holmes

> **What does that mean to the average Canadian? They don’t really care? Are we that complacent?**
> Fred Trembinski, from Timmins, Ont., after emerging from a half-empty room for spectators

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DROUGHT

Californians water hogs in February

California's water board said Tuesday that February was the worst month for conservation since officials began tracking savings efforts nine months ago in response to the state's historic drought.

Figures reported by local water departments showed statewide reductions of just three per cent in February compared with baseline numbers, despite following the driest January on California record.

The dismal savings come as cities brace for mandatory water restrictions.

These are "obviously very sobering times and ones where everyone needs to step up," said Felicia Marcus, chairwoman of the State Water Resources Control Board.

Conservation varied widely across the state. The report showed water use increasing two per cent along the south coastline, which includes Los Angeles and San Diego. San Francisco Bay Area communities, meanwhile, cut back by eight per cent.

The figures support Gov. Jerry Brown's position that voluntary water cutbacks haven't been enough as dry conditions worsen. Brown signed an order last week demanding a 25 per cent drop in statewide urban water use compared to 2013, the year before he declared a drought emergency.

The State Water Resources Control Board also began discussing Tuesday how to enforce new mandatory reductions, fast-tracking regulations that will likely come up for a vote next month. The requirements are likely to include cutback targets based on how much water city residents use. THE ASSOCIATED PRESS

Members of the Secret Service stand on Pennsylvania Avenue outside the White House in Washington, Tuesday. The White House, State Department and Capitol buildings were all affected Tuesday by power outages in Washington and its suburbs.

SUSAN WALSH/THE ASSOCIATED PRESS

YEMEN

Saudi-led airstrikes target military site

Saudi-led coalition jets bombed a military installation in southern Yemen on Tuesday as local tribes battled Shiite rebels and their allies in the area, seizing a makeshift camp and weapons, Yemeni military officials said.

The fighting in southern Ibb province came as the UN children's welfare agency warned that more than 100,000 people have fled their homes in different provinces in Yemen seeking safety from the violence.

According to UNICEF, at least 74 children have also been killed since the fighting between Yemeni rivals intensified and the coalition airstrike campaign began two weeks ago.

A medical volunteer in the Maytam district in Ibb said the airstrike on a Republican Guards' camp wounded at least 25 troops. The Guards' unit is loyal to ousted President Ali Abdullah Saleh who is allied with the Shiite rebels in their power grab in Yemen.

Residents say the camp was close to a school. The rebel television station, al-Masirah, said three children were killed in the airstrike. The medical volunteer, who spoke on condition of anonymity for fear of reprisals, could not confirm the children's deaths.

About 50 kilometres south of the camp, local tribes battled with Houthis who had set up a makeshift camp in the area, driving the rebels away and seizing their weapons, a local resident said, also speaking on condition of anonymity.

THE ASSOCIATED PRESS

Power-plant problem causes outages in D.C.

WHITE HOUSE

Terrorism not suspected

Problems at a Maryland electrical station caused widespread power outages across the nation's capital Tuesday, affecting the White House, the Capitol, museums, train stations and other sites.

Many of the outages were brief, but some were longer and forced evacuations. Officials said a mechanical failure at a transfer station led to the outages, and terrorism was not suspected. Tens of thousands of customers lost power.

At the White House, the interruption lasted only a few seconds before backup generators kicked in. The complex quickly went back onto regular power. Electricity in the press briefing room dipped around lunchtime, briefly darkening cubicles and blackening TV screens.

White House spokesman Josh Earnest said he was with President Barack Obama in the Oval Office when the power blip occurred, and they didn't notice anything unusual.

Power also went out at the State Department during the daily media briefing, forcing spokeswoman Marie Harf to finish her comments in the dark.

Power in the U.S. Capitol building twice shut down briefly, and then came back on by way of a generator.

The mechanical failure occurred shortly before 1 p.m. at a transfer station some 56 kilometres southeast of Washington in Charles County, Maryland, that is controlled by utilities serving Washington and southern Maryland. Homeland security officials in Washington and Maryland said there was an explosion at the station, although the two utilities, Pepco and the Southern Maryland Electric Cooperative, could not confirm immediately that there was a blast or fire. No one was injured, the utilities said.

THE ASSOCIATED PRESS

IN BRIEF

Some traffic lights were out, and Metro said 14 of 91 public transit stations were affected. Some Smithsonian museums also lost power, were evacuated and closed to the public, including the popular National Air and Space Museum and the National Portrait Gallery.

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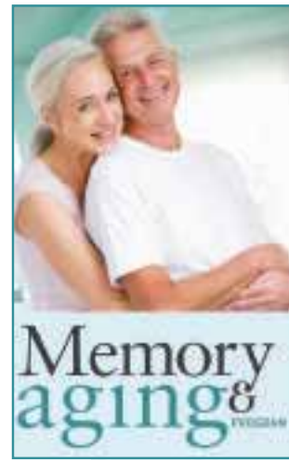

The Memory & Aging Program™ was developed by a team of scientists at the Baycrest Centre for Geriatric Care in Toronto, and it is now finally coming to Winnipeg! This exciting program is for adults who are 50 years and older who want to learn more about how memory works and how to keep your memory sharp as you get older. Do not miss out on this exciting opportunity as group size is limited! Cost of the program includes the Memory & Aging workbook.

DATE & TIME: MAY 2 – MAY 30

The program will run for 5 weeks every Saturday starting on May 2nd, 2015. 1:00 – 3:00 pm

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TRANSPORTATION

Business travellers in U.S. shifting to Uber

Business travellers to the United States are bypassing the taxi queue with greater frequency, choosing instead ride-hailing services such as Uber Technologies.

A new report by expense management system provider Certify shows that 47 per cent of the ground transportation rides by its users in March were through Uber. That's more than tripled from the 14 per cent of rides that Uber had just over a year ago in January 2014. In a few cities, Uber now tops taxi rides for business travellers.

"While we often see noteworthy market shifts — leading restaurant chains and hotels exchanging leadership positions, for example — it is unprecedented to see one vendor grow to take such a commanding market share within one year's time," says Certify CEO Bob Neveu.

While taxis, limousines and airport shuttles still dominate the ground transportation business, Certify's report shows ride-hailing services are rapidly on the rise among business travellers. In its home town of San Francisco, 71 per cent of rides expensed through Certify during the first quarter were for Uber; 29 per cent used taxis. Uber also beat out all other forms of ground transportation in Dallas, accounting for 56 per cent of the rides.

In Los Angeles and Washington D.C., Uber represented 49 per cent of business travel rides. Taxis, limousines and airport shuttles still reigned in New York, Miami and Chicago where they took 79 per cent, 77 per cent and 75 per cent of rides expensed, respectively.

THE ASSOCIATED PRESS

The Uber app displays cars available to make a pickup in downtown Manhattan.
THE ASSOCIATED PRESS FILE

IN BRIEF

Shorter courses eligible for student loans in 2016

Prime Minister Stephen Harper has announced a change to the student loan program, allowing people to apply for financial assistance for courses lasting a minimum of 34 weeks, instead of the current 60 weeks.

THE CANADIAN PRESS

market minute

DOLLAR 79.97¢ (-0.17¢)

TSX 15,188.84 (+88.19)

OIL $53.98 US (+$1.84)

GOLD $1,210.60 US (-$8)

NATURAL GAS: $2.680 US (+3¢)
DOW JONES: 17,875.42 (-5.43)

FAST FOOD MCDONALD'S PUTS BIGGER BURGERS ON MENU McDonald's is introducing for a limited time later this month in the U.S. a trio of "Sirloin Third Pound" burgers: the Steakhouse, right; Lettuce and Tomato, left; and Bacon and Cheese. The sirloin burgers, the biggest beef patties on the menu, are the latest sign the fast-food chain is pushing to improve perceptions about the quality of its food as it tries to reverse a slide in sales and customer visits. COURTESY MCDONALD'S/THE ASSOCIATED PRESS

Bell bends to privacy chief's tracking rules

TARGETED ADVERTISING

Telecom giant agrees to ask customers for permission

Bell Canada has reversed its position and will seek customer consent before tracking their Internet, TV and phone call use in order to deliver targeted online advertising.

After insisting for more than a year that customers can end such tracking by opting out, the telecommunications giant made an about-face Tuesday, hours after the privacy commissioner issued a report urging a change in approach.

"Bell will abide by the privacy commission's decision, including the opt-in approach," Bell said in an email.

However, Bell said, the rules must apply not only to Canadian companies but also to international companies operating in Canada like Facebook and Google "to ensure a fair and competitive marketplace."

Privacy commissioner Daniel Therrien urged Bell to review its approach after releasing the results of an investigation spurred on by an "unprecedented" 170 privacy complaints. It determined Bell shouldn't assume customers are consenting to have vast amounts of their personal information tracked and used for targeted advertising.

Bell had agreed to make some changes to address privacy concerns, but refused until Tuesday to accept a key recommendation requiring it to obtain express consent from customers.

THE CANADIAN PRESS

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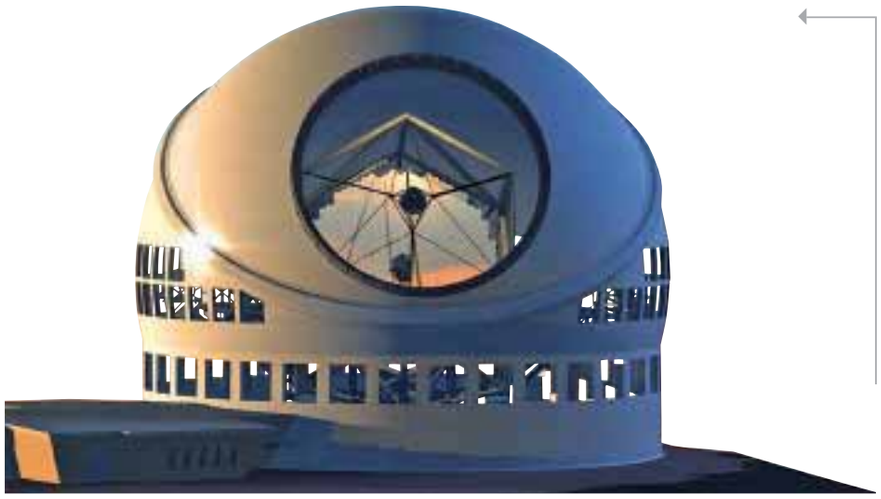
Your essential daily news
Wednesday, A[illegible]15

THE BIG THING: THE $1.5 BILLION TELESCOPE

Canadian companies will play a significant role in constructing what's billed as the most powerful optical telescope on Earth. Prime Minister Stephen Harper says Canada will provide up to $243.5 million over 10 years for the Thirty Meter Telescope project, scheduled to be ready in about 2023. THE CANADIAN PRESS



1. Can Con
When completed, the Thirty Meter Telescope will be in an observatory inside a Canadian-built enclosure 22 storeys tall with a primary mirror 30 metres across. While the telescope will be located at the summit of Hawaii's Mauna Kea volcano, Harper said most of Canada's contribution will be spent in this country.

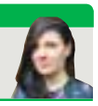
2. Teammates
Japan, China, India and the United States are also part of the project. Harper said by contributing to the project, Canada will secure a viewing share for Canadian researchers once the telescope is operational.

3. Looking into the past
Researchers hope to use the telescope to look at planets outside of our solar system and watch new stars form. The telescope should be able see 13 billion light years away, allowing scientists to catch sight of the universe's early years.

4. The competition
The Thirty Meter Telescope probably won't be the biggest for long. The aptly named European Extremely Large Telescope, which a group of European countries are planning to build, will have a mirror that is 39 metres in diameter.

Canada needs to get ready for climate-change refugees

THE SCIENCE
Stephanie Orford



What happens when the most crowded places in the world are displaced by climate change?

Canada could become a refuge for those fleeing their homes in search of greener pastures. What can we do? Be ready for an influx of climate refugees.

The world's first official climate refugee is now making his case against deportation from New Zealand to his former home on the Central Pacific atolls of Kiribati, where climate change is wreaking havoc, threatening to put the country underwater. There will be many more climate refugees to come.

Jerry Brown, the governor of California, ordered a statewide 25 per cent reduction in water consumption on April 1.

As water levels fall in the state for the fourth straight year in rivers, streams and reservoirs, water becomes scarcer for industrial processes, farming and drinking for California's population of 38 million.

What's happening in California reflects the impacts of climate change on environments, economies and societies around the world.

Rising sea levels alone are projected to displace potentially millions of people.

The island of Tuvalu is forecast to be swallowed up by the South Pacific by the end of this century. The Maldives and other low-lying archipelagos face a similar fate.

According to a report by the Internal Displacement Monitoring Centre, natural disasters displaced 22 million people in 2013 and the International Organization for Migration estimates 200 million will be displaced worldwide by 2050. The countries that will be most affected are those that suffer from poverty and conflict, according to Refugees International.

Where are their residents going to go? Canada may be one attractive option.

Partly because our government is better equipped to respond to natural disasters, and partly because Canada's temperate climate gives us a greater buffer against extreme temperatures compared to equatorial climes, Canada may be hit less fiercely than developing countries by climate change. Last November, the Canadian Centre for Policy Alternatives proposed a new "climate migrants" immigration class to help Canada navigate the coming influx.

Canadian cities need to find ways of becoming denser while maintaining high quality of life for residents, including water and air quality, green space and public transportation.

Let's do Canadians of the future a favour and create a climate refugee strategy now. We must look ahead to the big picture rather than simply react to each wave of refugees climate change brings across the border.

Putting the policies in place to become a responsible climate refuge is one sea change we need to make.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

It can feel good to ridicule, but the hurt we cause is real

Mike Duffy, Kim and Kanye, new Daily Show host Trevor Noah: We're never short of targets for public ridicule.

I've jeered at Rob Ford on Facebook, and I follow his parody Twitter account.

That only makes me human. And humanly cruel.

"It feels good, for some reason, for too many people, to be mean," Tracy Vaillancourt tells me. She's a leading anti-bullying researcher and Canada Research Chair in children's mental health and violence prevention at the University of Ottawa.

Some anthropologists say bullying is biological. Other research suggests we rationalize our meanness by downplaying the impact and our own role, or that we blame the victim or dehumanize them.

It's a twisted little pleasure that seems victimless, but we forget that on the other side of cruelty there are people like Dr. Fredric Brandt.

The so-called Baron of Botox, dermatologist to the rich and famous, committed suicide in Miami on the weekend, after reportedly suffering from depression.

Media quickly reported that Brandt had been upset by Martin Short's flamboyant portrayal of a dermatologist on the Netflix show Unbreakable Kimmy Schmidt — which bore resemblance to the uniquely featured Brandt.

His publicist Jacquie Tractenberg told the Miami Herald that he did not commit suicide because of the show, but "the show didn't help. It was mean. He felt bullied. It was mean-spirited picking at the way he looked for no reason at all."

Brandt's face was one of his own creations. A New York Times profile describes his face as so sleekly manufactured it appeared "a mask of serene immobility" and so pale it had a "lunar aspect."

His story reminds me of the ridicule of Joan Rivers. Except while she lived in the spotlight, he helped other to look better under it. He became famous incidentally.

Does that make it OK to laugh, literally, at his face? Was it okay with Joan Rivers?

In Monica Lewinsky's recent phoenix-like return to the public eye, she's underlined how the media and public diminished her into a power-hungry slut. "It was easy to forget," she said during her TED Talk, "that 'that woman' was dimensional, had a soul, and was once unbroken."

"There's this saying: 'Is cruelty committed by the cruel at heart?' I don't think that's the case," Vaillancourt told me.

So it's not that we're bad people, but we are behaving badly, and, it would seem, feeling good doing it.

Let's just not pretend that no one's getting hurt.

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Daredevil has a new look page 15

Matcha mania is in full swing

GREEN INVASION

The finely ground tea is finding its way into all kinds of Western cuisine

Matcha has 10 times the amount of antioxidants as regularly-brewed green tea. ISTOCK

More than a thousand years ago, Buddhist monks in Japan began a daily ritual of grinding green tea leaves into powder, mixing it into hot water with a bamboo whisk, then sharing the tea from a single cup.

Today in North America, matcha is considerably less monastic. The finely ground green tea is experiencing a North American renaissance, with specialty matcha tea bars popping up from coast to coast and industry giants like specialty tea retailer Teavana adding it to their product lineup. Chefs are mixing matcha with grains, using it in toppings for Bundt cakes, and mixing it into cocktails, adding a punch of opulent green colour along with a cool, mellow taste to playful culinary combinations.

Industry leaders hope matcha one day will become a staple in the American kitchen the same way soy sauce did after the Second World War. They also hope the tea's long and rich culinary history doesn't get dissolved in the process.

"Ideally, people will learn how to prepare tea as well, not just drink it," said Kazumi Nishiguchi, a director at the Chamber of Kyoto Prefecture Tea Public Interest Incorporated Association. "We need to export the culture, too. And it's important that it be done right."

Matcha was first consumed during China's Tsang dynasty and later was brought to Japan by priests and monks. After a bloody war with the Mongols, tea ceremonies in China came to a halt but continued to flourish across the East China Sea in Japan. The Japanese developed intricate tea ceremonies combining prayer and meditation and perfected the process for making matcha: Tea plants were covered with a shade cloth two to four weeks before harvest, when the leaves contain the most chlorophyll and nutrients, then plucked. Monks praised matcha for its calming effect.

Now more is known about the science behind matcha. Growing tea leaves in the shade boosts their amino acids, and because the entire leaf is consumed, matcha also contains about 10 times as many antioxidants as regularly brewed green tea. It also gives an energy kick, but with less caffeine than coffee.

Matcha likely first entered the North American market through Japanese grocery stores in cities like Los Angeles, which has one of the largest Japanese populations outside Japan.

Some of the biggest matcha producers are reporting big U.S. sales growth. DoMatcha, sold at Whole Foods and specialty stores, has seen an annual spike in sales of 30 per cent, while Ippodo has seen growth of 20 to 25 per cent in recent years and opened its first brick-and-mortar store outside Japan in New York City in 2013. Chains like Starbucks now offer green tea lattes with matcha, and Teavana sells a bamboo whisking set.

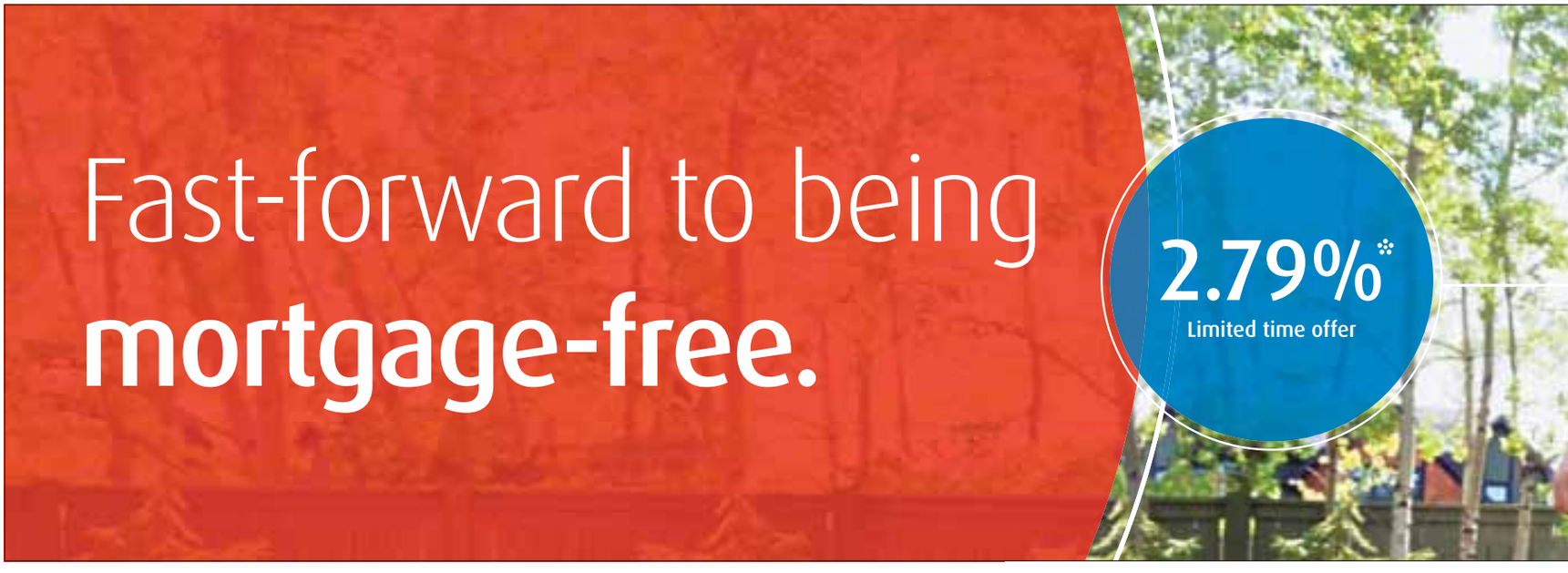
THE ASSOCIATED PRESS

BACKGROUND

Matcha's evolution

GETTY IMAGES

The uptick in demand for matcha is having a spillover effect in Japan, where production of tencha, the raw green leaves that are ground into the powder known as matcha, has doubled in Kyoto prefecture during the last 10 years, rising from 564 tons in 2003 to more than 1,163 tons in 2013. Though the leaves were once picked by hand, technology has paved the way for mass production. Specialized machines pluck the top leaves from tea shrubs and remove the veins and stems before the remnants are ground with granite stone and sealed in tin cans.



HEALTHY EATING

Kimchee packs a punch for your plate

If there isn't a jar of kimchee in your fridge, you are missing out on health and heat. This condiment hits all the high notes on its climb to the top of the foodie lists.

Fermented foods enhance healthy gut bacteria, spicy foods boost your metabolism, and garlic boasts potent antibacterial, antifungal properties. Kimchee is an ancient combo of cabbage, vinegar, garlic and hot peppers that is traditionally sealed and buried in the ground to ferment, though now you can just go to the grocery store to buy jars of it. Whew!

Think of it as part pickle, part ketchup, part recipe ingredient.

Here is how to use it:

- Stir into scrambled eggs
- Spoon into grilled cheese
- Use to top frozen pizza
- Stir into a boring soup to jazz it up
- Scare away vampires with the garlic breath
- Use on burgers or hot-dogs
- Scoop into a blender with Greek yogurt for a dip or spread in place of mayo

Warning: If you have a job interview tomorrow, don't make today the day you try. One of three things could happen: the cabbage could give you rumbly tummy, the garlic could make you repellent or the spice could get you in the end. But it is delicious! Really!

Theresa Albert is an on-camera food and health expert, nutritionist and writer.

Like many fermented foods, kimchee is full of healthy properties. ISTOCK

MasterChefs awaken the rebel and demon within

R&D RESTAURANT

Alvin Leung and newcomer Eric Chong collaborate on new venture

MasterChef Canada judge Alvin Leung knew the reality show's Season 1 winner Eric Chong had enough culinary talent to make it in the restaurant business, but he wasn't sure about his work ethic.

So Leung put him to the test in Asia.

"I wanted to see whether or not he was hardworking, whether or not he had the drive, the hunger," said Leung, a Michelin-starred chef with restaurants in Hong Kong and London.

"In working with him for a couple of weeks (in Hong Kong) I found out he had."

Leung, 54, was convinced enough to go into business with Chong, 23, and the two opened the doors to R&D Restaurant on Tuesday in Toronto's Chinatown.

The name is a nod to Chong and Leung's "rebel and demon" personas and refers to their engineering backgrounds, referencing the term "research and development."

Leung is nicknamed the Demon Chef, and has invented his own cuisine he calls X-Treme Chinese.

"Well, you know, Eric, he's a rebel himself," said Leung, who holds three Michelin stars at Bo Innovation in Hong Kong and one Michelin star at Bo London. "The family was very against him doing cooking. He has a degree in engineering. I have a degree in engineering. It wasn't meant for him to follow this path. He went against his family wishes. Now I think his family is over the moon. He won (MasterChef Canada). And he's doing something he likes to do."

Large murals in the dining space feature Chinese-inspired street art and their menu is a tribute to Canada's cultural mix. Chong will work as a sous chef under executive chef Nelson Tsai.

"Eric is young. He has to earn," said Leung, who was raised in Toronto.

"You really need to earn your stars or earn your stripes and he has to do that. So he's not going in as executive chef. He hasn't earned it yet. But he will. Eventually he will.

"We both grew up in Canada," said Leung. "Eric grew up in a much different era. I grew up when the Leafs were winning. He grew up when the Leafs were losing and I'm sure (when he has) his children, the Leafs will still be losing.

"There are dishes there, like chop suey, he doesn't know of because that was more my era, but chicken and waffle, which I know nothing about. So he has his input, I have my input."

Chong, who packed in his engineering job to practise for MasterChef Canada once he knew he'd made it into the top 50 contenders, said those skills help him with cooking.

"Being an engineer helps you think logistically and efficiently and that always helps me in the kitchen, helps me plan out my steps, work efficiently, work fast and it helped us create the menu.

"We always thought of the logistics before actually coming up with a dish," Chong said, adding he and Leung broke down the recipes for each dish to the gram and made detailed notes on steps and equipment so that all chefs in the restaurant will be able to recreate each dish exactly.

Being on MasterChef Canada "was definitely the most beneficial thing I've ever done in my life. It got me to where I am now," he added.

THE CANADIAN PRESS

Eric Chong, Alvin Leung and Nelson Tsai. CINDY LA/THE CANADIAN PRESS

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Whitehorse tour a family affair

Luke Doucet and Melissa McClelland of Whitehorse. The band plays the Burton Cummings Theatre on April 24. GETTY IMAGES

NEW ALBUM

Roots rock couple hits the road with their baby on board

Eva Lam
Metro | Toronto

It's been a year of firsts for Toronto duo Whitehorse. Not only did Luke Doucet and Melissa McClelland recruit outside producers for the first time on their new album, Leave No Bridge Unburned, but a recent run of U.S. shows also marked the inaugural tour for the husband-and-wife roots rockers' eight-month-old baby, Jimmy.

So how's it shaping up compared to previous tours?

"Less sleep," said McClelland with a laugh on the phone en route from Seattle to Vancouver, where the band had a few days off before launching their Canadian dates on Wednesday.

The pair are veterans of the road, both from their time as solo acts (they met when Doucet worked as a producer on McClelland's 2004 album Stranded in Suburbia) and after forming Whitehorse in 2010. The band's live shows are a showcase for Doucet and McClelland's undeniable chemistry, as moments shift from the intimacy of the two singing into a single microphone with just two guitars to a flurry of movement on the stage.

"It's just the two of us — we use a looping pedal and about a million instruments that we're jumping around, switching up guitars, and Luke's on drum kit," says McClelland. "The songs from the record, we really have to kind of re-imagine them, so we're always surprised by which songs we end up loving playing live."

> **We're always surprised by which songs we end up loving playing live.** Melissa McClelland of Whitehorse

For Whitehorse's second LP, they brought in producer Gus Van Go — whom Doucet met at the 2013 Polaris awards — and his partner Werner F.

McClelland says the way the producers approached the recording of the drums laid the groundwork for the sound of Leave No Bridge Unburned.

"(They) really had specific arrangements and parts in mind. The first couple of days in studio were intense because they were working really, really hard to get exactly what they wanted," she said. "And then to our relief, after that they took a different approach with our vocals and guitar parts — they wanted those things to be loose and easy and inspired. So I think because they took so much time on the drums, it just immediately created this kind of big sound on the record. And it was really exciting for us to hear and I think it got some good performances out of us for vocals and guitars."

The result is an album that plays on themes of the urban-suburban divide and adventurous love, from the propulsive Bo Diddley beat of hit radio single Downtown to the western twang-meets-'60s blues vibe of Sweet Disaster.

"We've been told that our record is almost like a map, that you're kind of travelling through these different places," said McClelland.

"We're so transient. We're always in a place no more than 24 hours before we're moving on to the next place — we spend a lot of time in rural areas and big cities and small towns, and it's really interesting to see the differences between those places, and the similarities. And it's fun to imagine stories and characters and have those places exist in our minds."

With the latest tour even more of a family affair than usual — Doucet's 18-year-old daughter Chloe is helping out with baby Jimmy — it's opening a new chapter of stories for the band.

"I find it almost makes us appreciate the road a little more," McClelland says. "We're really engaging in our surroundings. When we get to a city, we're not just vegging out in the hotel room — we're actually going for walks and checking things out, saying hello to people. I've really been enjoying seeing the road through Jimmy's eyes."

AUCTION

Don McLean's American Pie manuscript fetches $1.2 million

The original manuscript of Don McLean's enigmatic song American Pie sold at auction in New York on Tuesday for $1.2 million, Christie's said.

The 18 pages of manuscript, written in pencil, ink and typescript on 17 sheets, had been expected to fetch between $1 and $1.5 million at the auction house. Christie's said the buyer was anonymous.

McLean, 69, said he wanted to release the manuscript to help people understand the true meaning of the 1971 song, which depicts turbulent upheavals of the latter half of the 20th century.

"It was an indescribable photograph of America that I tried to capture in words and music," he said in February in the Christie's catalogue.

The song was initially inspired by his memories of being a paperboy in 1959 and learning of the death of Buddy Holly, it also represents a changing America from the brightness of the 1950s to darker 1960s.

Its phrase "the day the music died" was long known to refer to the 1959 plane crash that killed rock 'n' roll pioneers Buddy Holly, Ritchie Valens and J.P. "Big Bopper" Richardson.

But music enthusiasts have long agonized over the true meaning of all the lyrics in the song's six verses that run to well over eight minutes.

"I would say to young songwriters who are starting out to immerse yourself in beautiful music and beautiful lyrics, and think about every word you say in a song," McLean said in the Christie's catalogue.

The song was inducted into the Grammy Hall of Fame and named the fifth greatest song of the 20th century by the Recording Industry of America and the National Endowment of the Arts.

The other four were Over the Rainbow, White Christmas, This Land is Your Land by Woody Guthrie and Respect by Otis Redding.

AFP

Don McLean said he wanted to release the manuscript to help people understand the meaning of the song. AFP FILE

Charlie Cox and Rosario Dawson star in Netflix's Daredevil. BARRY WETCHER/NETFLIX

Charlie Cox dares to be different in new series

PREMIERE

Netflix puts a gritty spin on iconic character Daredevil

Lisa Weidenfeld
Metro | New York

If your only exposure to the Daredevil comic book character is the much-maligned Ben Affleck movie, get ready for a change: Netflix's new Daredevil series, premiering Friday, is bringing a new look to the character.

As played by Brit Charlie Cox, the character doesn't yet have his trademark horned outfit, and is something of a gritty street fighter. We checked in with Cox about what it's like taking on an iconic character and if he can actually see through that hood.

What do you think sets Daredevil apart from other superheroes?
The great thing about the Daredevil character is that he doesn't have any superpowers so they ground him in reality. One thing that I found quite enjoyable about playing this character is if he gets hit, he bleeds, if he gets cut, he bleeds, and he doesn't have unbreakable skin, or there isn't any ambiguity about whether you can kill him or not. If you shoot him, he dies, you know? And he's learned to live with this secret, which marks itself as a disability, but it isn't actually a hindrance. He's able to access it and use it in a way so that he can operate better than a seeing person.

How good is the visibility in the hood they have you wear?
It depends — you know, in broad daylight it's pretty good, you can see almost everything through it. Obviously a lot of the occupational hazard of a hooded superhero is that you go out at nighttime (laughs). So the visibility isn't quite as good, but you adapt to it.

Will we see the more iconic Daredevil costume this season?
You'll see it in the first season. Unfortunately I can't tell you when, but there will be an evolution from that early costume into something that is more recognizable to the traditional Daredevil costume.

And for fans of the comic, which ones did you draw the most inspiration from?
There's a number of series called the Bendis Maleev (Brian Michael Bendis & Alex Maleev) series, and, you know, they did a bunch of stuff in the '90s and the early 2000s and tonally and thematically, they were very in keeping with the scripts that I had read for the first few episodes. They painted a very grey, dark world. The lines between good and evil and right and wrong are very blurry, and we meet a Matt Murdoch and a Daredevil who dances on both sides of those lines, so it was very compelling to read and felt very realistic and truthful and gritty, and so those are the ones I focused on the most. But one of the things I was told very early on is that the show is quite heavily influenced by Frank Miller's Man Without Fear, so I read all that stuff as well.

INTERVIEW

Vincent D'Onofrio on being the bad guy

Every superhero has to have his nemesis, and Marvel's Daredevil show on Netflix is no exception. Facing off against Charlie Cox's Matt Murdock is Wilson Fisk, played by Vincent D'Onofrio. D'Onofrio is a veteran of Law and Order: Criminal Intent.

How does this show feel different from your experience with network television on Law and Order?
I don't think of it as series television. It's completely different. And I knew that. It's funny because it's not that long ago, but you look back on that and it seems prehistoric, that whole approach ... When you do something like this, it's all creative.

Fisk is kind of an unusual villain, in that we get to see him have a life outside of his criminal career.
And how interesting is that? You get to play this complicated character who's not black and white.

LISA WEIDENFELD/METRO NEW YORK

Vincent D'Onofrio plays Wilson Fisk in Daredevil. NETFLIX

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6 CELEBS WHO WILL HEADLINE THE BEST OF FALL TV

Networks will soon announce which series have been greenlit for next season. ABC, Fox, CBS, NBC and the CW still have a few weeks to finalize their selections, but in the meantime here are the stars likely to appear (or reappear) in the fall. AFP

Eva Longoria

Since the end of Desperate Housewives in 2012, Eva Longoria has remained involved in TV through production. But now the former Gabrielle Solis has landed the lead role in Telenovela, a comedy that takes viewers behind the scenes of a soap opera.

Melanie Griffith

It's been 10 years since the Working Girl and Bonfire of the Vanities star last starred in a television series — that was Twins. Her return could occur in ABC's untitled comedy about a couple raising extremely intelligent children.

Don Johnson

The '80s TV star returns to television as the main character in Boom, a pilot in the works at ABC. Former detective Sonny Crockett of Miami Vice will play the patriarch of a North Dakota town in the midst of a boom following an oil discovery.

Jennifer Lopez

NBC has succeeded in landing both J. Lo and Ray Liotta for the same series. Shades of Blue, already confirmed for next season, will follow a single mother/detective recruited by the FBI for an anti-corruption task force. Liotta will play a shady police chief.

Whoopi Goldberg

For years now, the star of Ghost and Sister Act has bounced from series to series (Glee, 30 Rock, Once Upon a Time in Wonderland) This fall, she might play Delores, a grandmother who takes in her grandson in the ABC comedy, Delores & Jermaine.

Wesley Snipes

Snipes will star in Endgame, a thriller in the works at NBC. The drama will centre on a former sniper turned security expert who becomes the object of a conspiracy, forcing him to new extremes to save the lives of innocent people.

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Lorde and Taylor still going strong

BFFS

Feuding? More like FaceTime, says Swift

Ned Ehrbar
In Hollywood

Reports of Taylor Swift and Lorde deep-sixing their BFF status have been greatly exaggerated, according to no less than Swift herself.

When media speculation started swirling that the two were at odds over not being able to agree on a duet to record, Swift took to Twitter to put the naysayers in their place. "Media, when you say, 'Lorde and Taylor are fighting,' by fighting do you mean 'FaceTiming constantly from (the) U.S. to (New Zealand) and LOLing at you?" So that settles it, I guess. No need to worry, everybody. Also, what's the female equivalent of a bromance? I feel like we should have a word for that. Any suggestions?

Don't worry, Lorde and Taylor Swift haven't called it quits on their friendship. They're just LOLing at you. GETTY IMAGES

GIULIANA RANCIC

Stung by a Spice Girl

Kudos to Giuliana Rancic for this epic piece of misdirection. Instead of talking about her skinniness or how she lost her gig on Fashion Police for some pretty terrible jokes, Rancic would prefer everyone focus on her relationship with Jerry O'Connell from more than a decade ago, when — according to Rancic's new memoir — the former Sliders star stepped out on her with Geri "Ginger Spice" Halliwell.

"I was being twotimed for one of the lesser Spices?" she writes, reporting that O'Connell responded, "'Yeah, I know. I'm so sorry. I don't know what happened.' He had as much emotion as the customer-service representative who tells you your bags missed the flight."

OK, first of all, your material is still pretty terrible. And second of all, Ginger Spice is a "lesser" Spice Girl? Hardly. I mean, Sporty Spice maybe, but come on. NED EHRBAR/METRO

ACTRESS

I'm no diva: Spencer

Oscar winner Octavia Spencer is striking back at reports in the Daily Mail that she was rude to fans and "acting like a diva" at a recent in-store appearance to promote her new children's book. "Gotta laugh when (people) actually believe that you were rude to a child ... at your children's book signing," Spencer tweeted.

Sure, but what of the eyewitness reports of Spencer delivering a "short and blunt" Q&A session? Or the woman who stormed off yelling, "This woman is an ungrateful, nasty b—. I'm getting a refund on this stupid book"? I guess we've all just got to laugh. NED EHRBAR/METRO

NO DATING

Lindsay focusing on her career, apparently

This may come as something of a shock, but Lindsay Lohan hasn't had much time to worry about dating because all her attention has been going to her career. No, really.

"I haven't really thought about (dating) in a while, I've been so focused on my career," the still-London-based actress tells Homme Style magazine. But if she were to start stepping out with some gent? "At this time, I'd probably have to say someone not in show business, maybe a businessman, but I'm just enjoying being single and enjoying experiencing everything here."

But be ready, businessmen of London, she may call on you at any moment. NED EHRBAR/METRO

SHOW EXIT

Nina Dobrev exiting The Vampire Diaries

Nina Dobrev is leaving The Vampire Diaries.

The Toronto-bred actress announced the news on Instagram, saying she always "wanted Elena's story to be a six-season adventure."

Dobrev, whose film credits include The Perks of Being a Wallflower, Chloe, Fugitive Pieces and Away From Her, said she was moving "on to the next chapter" of her life.

While on the show, she earned two Teen Choice Awards for tackling a double role as Elena Gilbert, a young girl caught between two vampire brothers, and as Katherine Pierce, a vampire the brothers knew in the 19th century.

Dobrev joined the CW/CTV Two show from Degrassi: The Next Generation.

Dobrev thanked fans for their "love, support and passion."

"I was a human, a vampire, a doppelganger, a crazy immortal, a doppelganger pretending to be human, a human pretending to be a doppelganger. I got kidnapped, killed, resurrected, tortured, cursed, body-snatched, was dead and undead, and there's still so much more to come before the season finale in May," Dobrev said in a post Monday night. THE CANADIAN PRESS

ITALY

Gawk at George at your own risk

Linger too long near George Clooney's Italian villa in hopes of catching a glimpse of the actor-director and his new bride and you may pay dearly.

The town of Laglio, where Clooney bought an 18th-century mansion with private dock on Lake Como a dozen years ago, has hiked fines for those who create "problems of public order" when gathering to gawk on the main road behind the villa or approach by boat closer than 100 metres offshore.

Mayor Roberto Pozzi said by phone Tuesday that he signed ordinances last week introducing fines as stiff as 500 euros ($680), five times higher than before. The twin-ordinances — one to discourage land-based out-of-town gawkers, the other for boat-based voyeurs — run through the end of September, covering the spring-summer period when Clooney usually stays in Laglio, at the base of forested foothills stretching toward the Alps.

Clooney married London-based human rights lawyer Amal Alamuddin in September in Venice. THE ASSOCIATED PRESS

metro DRIVE
Your essential daily news

Concept tires hint at future Page 20

A nimble car that's fun to drive

ROAD TESTED

REVIEW

The Chevrolet Malibu is a solid commuter car with a few extras

Jil McIntosh
For Metro

While it isn't the most stylish in the midsize-sedan market, the Chevrolet Malibu may surprise you with a far better driving performance than you might expect.

An all-new, next-generation version will be coming out for 2016, but I was impressed overall with my 2015 tester.

Two engines are available, starting with a 2.5-litre four-cylinder that's standard in all trim levels.

You can also opt for a turbocharged 2.0-litre four-cylinder engine in the two upper trim levels, which is how my top-line LTZ tester was equipped. Mine was also further optioned with in-dash navigation.

The differences in the two engines aren't just in their horsepower, but also in a start-stop system that's included with the 2.5-litre — but not the turbo engine.

This technology shuts off the engine at idle, such as when you're stopped at a light, to save fuel and cut down on emissions.

The lights, climate control and other features continue to operate, and the engine automatically restarts instantly once you take your foot off the brake.

The 2.0-litre turbo is quick, strong and smooth, and mated exclusively to a six-speed automatic transmission.

The Malibu also handles well, with just the right weight to the steering and a nimble but confident feel.

It's a good everyday commuter car, but it's also fun to drive if you get the chance to push it a little.

That said, the small exterior mirrors don't give you the best visibility, nor does the sharply raked rear window that doesn't provide for much of a view out the back.

The handsome interior uses GM's "twin-cockpit" design, and features simple controls.

There are some small cubbies in the centre console, but for more secure storage, the centre touch screen flips up to reveal a hidden compartment.

Rear-seat passengers enjoy a great deal of legroom, and while you'll have to reach over that tall bumper to stow cargo, the trunk is huge.

The styling is ho-hum, but look below the skin: If you haven't considered the Malibu in this segment, take it for a test drive.

THE CHECKLIST | 2015 CHEVROLET MALIBU

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engines (hp/torque). 2.5-litre I-4 (196); 2.0-litre turbocharged I-4 (259)
Transmission. Six-speed automatic
Price. Base $25,040, as-tested $36,605 (plus destination)

POINTS

- While each trim line moves up successively with standard features, there are also options and option packages available for each.
- The Malibu's brakes use Duralife rotors, which have a special coating that strengthens them and makes them less prone to corrosion.

NOTABLE FEATURES

- Available lane departure and forward collision warning, cross-traffic alert, Wi-Fi hot spot capability, blind spot monitoring system, rearview camera, leather upholstery, premium stereo, and navigation system.

MARKET POSITION

- The Malibu gained a reputation as a rental and fleet vehicle that slid it off the radar with many consumers. A complete redesign in 2013 marked a considerable improvement, while the upcoming 2016 is expected to be roomier and lighter.

THE COMPETITION

Toyota Camry
Base price: $24,100
The 2015 features redesigned styling and improved ride and handling.

Mazda6
Base price: $24,695
Refreshed 2016 is on the market, with choice of manual or automatic transmission.

TECHNOLOGY

Ford seeks affordable carbon fibre option

The production of more affordable composites for automobiles is the goal of a new partnership that the Ford Motor Company has entered into with DowAksa, itself a partnership between the Dow Chemical Company and acrylic fibre giant Aksa. Despite its light weight and super strength, carbon-fibre car parts remain time consuming and labour intensive to make. Ford demonstrated its commitment to bringing lightweight technology to the masses with its pioneering aluminum Ford F-150, says automotive news site Motor Authority.

NUKE CARS?

Reimagining nuclear power

As the world continues to adopt electric vehicles, a nuclear reactor that runs on the waste fuel of current reactors could make nuclear power more publicly acceptable.

The design uses a "molten salt" type of reactor that has not been used for more than 50 years, says The Guardian.

The redesigned old-school reactor would run on the used uranium from other reactors, generating carbon-free clean power while consuming waste that can remain radioactive for up to 100,000 years.

Lincoln gets people talking

NEW YORK AUTO SHOW

Continental concept attracts controversy

AUTO PILOT

Mike Goetz

Lincoln has made two moves of late, garnering lots of not-quite positive social and regular media coverage.

The net result, however, has been totally positive for Lincoln.

Sales are up. More people are talking about Lincoln, yours truly included.

Of course one of those moves was getting Mathew McConaughey to star in its commercials.

These commercials are parodied so much, it has become a new and distinct comedic art form, to be practised and studied by generations to come.

The other move that got people talking was the design it rendered on the Lincoln Continental concept car, shown recently at the auto show in New York.

The design is pretty enough, but interest in the Continental ramped up even more after a certain Bentley designer, Luc Donckerwolke, said it was essentially a rip-off of the Bentley Flying Spur.

"I would have called it Flying Spur concept and kept the four round lights," said a peeved Donckerwolke on his Facebook page.

He also posted this rhetorical question on the Facebook page of Lincoln's chief designer, David Woodhouse: "Do you want us to send the product tooling?" Not surprisingly, Woodhouse quickly deleted the comment.

When interviewed later on the subject (by Car and Driver), Donckerwolke said he understood that lots of cars use dramatic wheel haunches and power lines that run down the side of the body — that wasn't his objection.

It was Lincoln's use of too many additional details, which ultimately in his mind created something too close to the Flying Spur.

I guess it's a bit like when songwriters get called out for coming up with a tune that is too reminiscent of another song.

... interest in the Continental ramped up even more after a certain Bentley designer, Luc Donckerwolke, said it was essentially a rip-off of the Bentley Flying Spur.

It seems to be OK to "reinterpret" or be "inspired" by another work, but when the whole package comes together, it better not immediately remind you of the original.

The Continental concept also got the discussion going on how Lincoln and its American luxury brand cohort, Cadillac, might rival Mercedes-Benz, BMW and Lexus, which still dominate the luxury segment, like the U.S. and Canada dominate women's hockey.

Cadillac showed off its new CT6 in New York, and with a very lightweight chassis and high-end suspension components, it aims to please with handling and performance — to better the German makes at their own game.

On the other hand, a production version of the Continental, which is slated to replace MKS, aims to please with less outright performance and more style and comfort, particularly in the back, where luxury buyers in China like to sit while being chauffeured.

When the production Continental is ready for prime time, I'm sure Mr. McConaughey will have something to say about it in yet another infamous television commercial.

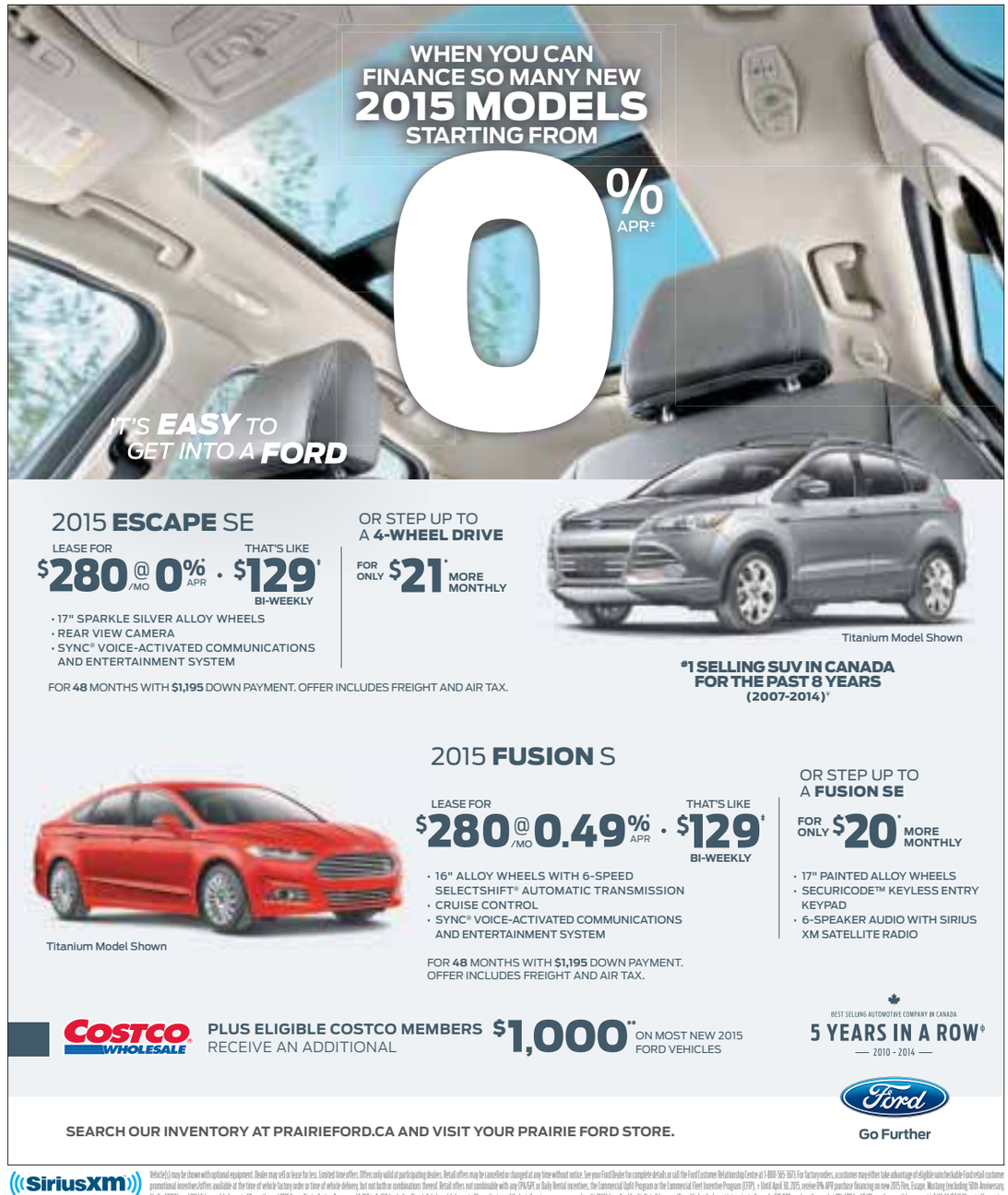
Maybe something along the lines of, "All right, all right, all right."

Maybe something else. Either way, can't wait.

Lincoln's Continental concept car drew comparisons to the Bentley Flying Spur. CONTRIBUTED

LUXURY CARS

What's in a name?
Lincoln Continental does appear to be going against the current luxury grain in some ways, for example by actually having a name, instead of being designated by some letters and numbers, like A6, Q70, LS 460, CLA250, RLX, et cetera.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RUBBER CONCEPT TIRES HINT AT FUTURE Goodyear unveiled two "concept" tires at the recent 2015 Geneva Motor Show that go beyond just providing contact patches with the road. One tire can generate electricity using the heat created by flexing under normal driving conditions. The second is called the Triple Tube, for the three internal tubes that allow it to change shape depending on conditions. WHEELBASE MEDIA

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Murano offers stylish comfort

USED VEHICLE

The 2009 to 2014 Nissan Murano proves a solid choice

When originally launched, the Nissan Murano quickly became one of the crossover marketplace's most sought-after models where performance, sophistication and cutting-edge styling were priorities. With the third-generation Murano in dealer lots now, the second-generation has now transitioned into used-vehicle territory. If purchasing, confirm the tailgate works from the key fob, and the remote release in the vehicle. If the Murano you're considering has a powered tailgate, confirm proper functionality, too.

When appropriate, hold the brakes firmly, and poke the throttle moderately a few times. If you note any clunking sounds coming from up front, the likely culprit is a bad motor mount.

This noise may also be present, sporadically, when taking off from a stop. Further, note that a clunking sound from the front of the vehicle as you corner over bumps, perhaps while turning into a driveway over a curb, could be caused by a worn rubber isolator or bushing in the suspension.

If the Murano you're considering is making any questionable sounds, be sure to have it checked out.

Murano's CVT transmission should deliver power smoothly at light, moderate and full throttle. For maximum peace of mind, have only a Nissan mechanic check the CVT fluid level, as there's a special procedure to do it properly. Ensure that only the approved Nissan transmission fluid has ever been added to the transmission, and that aftermarket fluid has never been used.

JUSTIN PRITCHARD

Features

Feature content on a used Murano may include up-level features like navigation, heated leather seats, a dual-panel power glass moonroof, and premium audio system with hard-drive music storage.

Engines

All units in this generation got a 3.5-litre, 260-horsepower V6 teamed with a Continually Variable Transmission (CVT) and a standard Intelligent All Wheel Drive (AWD) system.

What owners like

An overall blend of comfort, performance, handling and smoothness is commonly noted by second-generation Murano drivers, with affordable access to high-tech feature content and the uniquely styled and functional cabin rounding out the package.

What owners dislike

Some owners complain of limited outward visibility, thanks to generous blindspots and thick A-Pillars beside the windshield as well as some easily scratched plastics and above-average wind noise levels.

The verdict

With a healthy CVT transmission and passing of a few fairly simple checks for the more commonly reported issues, a Murano looks like a solid used crossover buy. With Nissan's experience with the VQ V6 engine and CVT technology, a healthy and properly maintained model should pose no major issues for years to come.

metro SPORTS

The Cavaliers can clinch the East's No. 2 seed with a win over the Bucks tonight

Wednesday, April 8, 2015

Jets goaltender Ondrej Pavelec makes a save on Blues defenceman Alex Pietrangelo on Tuesday in St. Louis. CHRIS LEE/ST. LOUIS POST-DISPATCH/THE ASSOCIATED PRESS

Jets hold off case of the Blues

The Jets' Chris Thorburn scores against the Blues in St. Louis on Tuesday. CHRIS LEE/ ST. LOUIS POST-DISPATCH/THE ASSOCIATED PRESS

NHL

Shutout pushes Winnipeg closer to playoff return

Ondrej Pavelec stopped 30 shots for his second consecutive shutout and the Winnipeg Jets strengthened their bid for a Western Conference playoff spot with a 1-0 victory over the Central-leading St. Louis Blues on Tuesday night.

Chris Thorburn gave the Jets the game's first goal for the fourth straight game and eighth out of nine, and Pavelec made it stand up one night after making 31 saves in a 2-0 victory at Minnesota. Pavelec has four shutouts overall.

The Jets, who have won three straight, are battling Los Angeles and Calgary for the final two playoff spots in the West.

TUESDAY in St. Louis

1	0
JETS	BLUES

Jake Allen made 30 saves for the Blues, who had won three straight and entered with a one-point lead in the Central over Nashville. St. Louis was without injured scorers Vladimir Tarasenko and Alexander Steen for the fourth straight game.

Paul Stastny had an apparent tying goal in the second period waved off and got a slashing call instead for slapping the stick out of defenceman Tyler Myers' hands just before putting a backhander past Pavelec.

Allen kept it close when he stopped Blake Wheeler on a breakaway with just over two minutes remaining.

St. Louis finishes at home against the Blackhawks on Thursday night and Minnesota on Saturday. Winnipeg, fighting Los Angeles and Calgary for the final playoff spots in the Western Conference, is at Colorado Thursday before finishing at home against the Flames on Saturday.

The Blues won the season series 3-1-1, all but one of the games decided by one goal.

Thorburn's seventh goal of the season, and first since Feb. 14, came just seven seconds after Winnipeg forward Mathieu Perrault was briefly knocked out of the game after getting cross-checked to the back of the head by Ryan Reaves. THE ASSOCIATED PRESS

AROUND THE LEAGUE

Rangers 4, Devils 2
Kevin Hayes and Ryan McDonagh scored 47 seconds apart in the first period and New York (52-21-7) secured the President's Trophy for the best regular-season record.

Red Wings 3, Hurricanes 2
Gustav Nyquist and Pavel Datsyuk scored in the third period, and Detroit rallied past Carolina.

Senators 4, Penguins 3
Mark Stone scored the winner 2:43 into overtime as Ottawa scored four unanswered goals to keep its playoff hopes alive.

Wild 2, Blackhawks 1
Devan Dubnyk made 32 saves and Minnesota clinched a playoff spot with a victory over Chicago.

THE ASSOCIATED PRESS AND THE CANADIAN PRESS

LLOYD MURDER TRIAL

Lawyer: Hernandez was at killing scene

Jurors began deliberating Tuesday in the murder trial of former New England Patriots player Aaron Hernandez after his lawyer acknowledged for the first time that his client was at the scene of the killing and saw it happen but described him as a kid who simply did not know what to do.

The defence urged jurors to find Hernandez not guilty of murder. "Did he make all the right decisions? No," lawyer James Sultan said during his closing arguments. "He was a 23-year-old kid who witnessed something — a shocking killing — committed by someone he knew. He didn't know what to do, so he just put one foot in front of the other."

Hernandez is charged in the death of Odin Lloyd, 27, who was dating the sister of Hernandez's fiancée. Lloyd was shot six times and died in an industrial park less than a mile from Hernandez's home. At the time, the star tight end had a $40 million contract with the Patriots.

Sultan pinned the killing on Hernandez's co-defendants, his friends Ernest Wallace and Carlos Ortiz. Both men have pleaded not guilty and will be tried later. But Assistant District Attorney William McCauley told jurors the evidence showed that Hernandez was the gunman, that he had a plan to kill Lloyd and that he drove Lloyd to his death in a deserted place in an undeveloped part of the industrial park. THE ASSOCIATED PRESS

"Ask yourself, 'What was the purpose in driving to that spot at that time?'
Assistant DA William McCauley

Winnipeg's Jennifer Jones finished second to Switzerland at last month's women's world curling championship in Sapporo, Japan. SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

NCAA BASKETBALL

Duke celebrates, looks for extra banner room

Duke captain Quinn Cook says, "I think they've got to make some room up there" in the Cameron Indoor Stadium rafters for another banner.

The Blue Devils brought their latest national championship trophy back to campus Tuesday, with perhaps 8,000 fans flocking to Cameron for this title celebration.

Duke earned banner No. 5 by beating Wisconsin 68-63 on Monday night in Indianapolis. During Tuesday's rally, coach Mike Krzyzewski called this "my favourite year" — a strong statement for the Hall of Famer who has been there for 35 years.

Cook led the team onto the stage and big man Marshall Plumlee brought out the championship trophy. THE ASSOCIATED PRESS

Duke Blue Devils celebrate with the trophy GETTY IMAGES

IN BRIEF

12-year-old too young to claim ESPN bracket prize
A sixth-grade boy from suburban Chicago completed a near-perfect bracket predicting the NCAA men's basketball tournament, finishing in a tie for first in ESPN's massive annual contest. Sam Holtz said ESPN officials told him that is he ineligible to claim the top prize — a $20,000 gift card and a trip to the Maui Invitational basketball tournament — because he's 12 years old. ESPN requires participants to be at least 18. "I'm proud but I'm not happy with the decision," said Holtz. THE ASSOCIATED PRESS

Benteke hat-trick denies struggling QPR vital win
Christian Benteke scored a hat trick as Aston Villa twice came from behind against Queens Park Rangers on Tuesday to draw 3-3 and stay out of the relegation zone. Benteke's final goal came directly from a free kick in the 83rd minute of a thrilling encounter at Villa Park. Villa remains three points clear of the relegation zone where QPR sits in 18th place with six games to go, two points behind Hull. THE ASSOCIATED PRESS

Jones in a different tournament of hearts

CURLING

Winnipeg star and fiancé's schedule finally match up

Jennifer Jones and Brent Laing will be in the same city this weekend, curling under the same roof.

And that's a notable accomplishment in itself for the soon-to-be married curlers, who make long-distance relationships look good.

Jones, the reigning Olympic women's champion, and Laing are getting married in Mexico on June 1, but will continue to straddle two provinces — she's based in Winnipeg, he curls for Kevin Koe's rink in Calgary. They'll eventually put down roots somewhere together, Jones says, perhaps after the 2018 Winter Olympics.

"We're probably going to be a married couple that doesn't live together. But we really do like each other a lot," Jones said, laughing. "Everybody always asks where you live, and it changes for us. We kind of just go depending on what our schedules are.

"That's what I love about our life, our home is where each other is, and we're so thankful for that. And we're very happy, we're happier than anybody I know. We don't have a home base a lot of the time, but we figure it out."

Jennifer Jones' fiancé Brent Laing, left, used to curl with Kevin Martin. He'll be with Kevin Koe's rink at the Players' Championship this week in Toronto. NATHAN DENETTE/THE CANADIAN PRESS FILE

"Our home is where each other is."
Jennifer Jones on making her long-distance relationship with fellow curler Brent Laing work

Laing proposed to Jones on a Costa Rican beach last May. The couple is competing this week at the season-ending Players' Championship this week at Ryerson University's Mattamy Athletic Centre in Toronto. The event will cap a whirlwind 18 months for Jones — and their two-year-old daughter Isabella, for that matter.

"Isabella has been on so many flights now, she's just like a well-travelled machine," Jones said. "Honestly, she even knows how to go through security. She stands and waits for them to call. She knows everything has to go in the little bucket and we play a game to see it on the other side."

Jones spoke Tuesday as an ambassador for Fuelling Women Champions, an initiative of Dairy Farmers of Canada.

The 40-year-old skip was back in Canada after her recent silver-medal performance at the world championship, and said she cherishes the chance to be a role model for young girls.

"I still can't believe it, to be honest, and it's the biggest honour that you're ever going to get, especially when girls come up to you and say that you're their hero or their idol and they look up to you," Jones said. "You never start out in life thinking that's going to be you and that's a huge responsibility and something we don't take very lightly."

The Fuelling Women Champions program hopes to raise the profile of women's sports, and among its initiatives, the Dairy Farmers of Canada will sponsor female sporting events such as Canadian women's rugby games. Canadian players Jen Kish and Tyson Beukeboom modelled Canada's rugby jersey with the Fuelling Women Champions logo.

The Players' Championship is the finale of the 2014-15 Pinty's Grand Slam of Curling season. Twelve men's and 12 women's teams are battling for a $200,000 purse in a round-robin style bonspiel. THE CANADIAN PRESS

RECIPE Cobb Salad Wraps with Tomatoes, Avocado and Black Beans

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15
Cook time: 12

Directions

1. Lightly coat a grill pan with vegetable spray and set over medium heat. Grill the chicken for 4 minutes on each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine the tomatoes, red pepper, avocado, black beans, green onions and parsley in a large bowl. Add the lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix well.

3. Spread one-half of each of the tortillas with one quarter of the tomato mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400 F oven for 5 minutes until warm.) Cut in half and serve.

Ingredients
- 8 oz skinless boneless chicken breasts (about 2 breasts)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 tbsp low-fat sour cream
- 1 tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

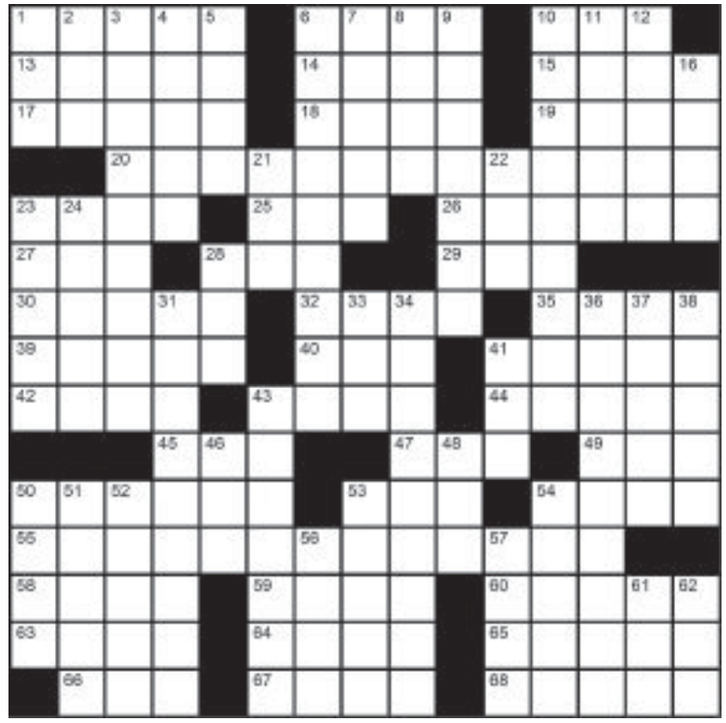
Nutrition per serving (1/2 wrap)
- Calories 132
- Protein 11 g
- Carbohydrates 19 g
- Fibre 2.4 g
- Total fat 5.1 g
- Saturated fat 1.2 g
- Cholesterol 19 mg
- Sodium 193 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. #55-Across hit: "All the Things I _"
6. Absalom's killer
10. PC port
13. Actress Mary
14. 'Appear' suffix
15. Apex
17. Swerve-ish
18. Requisite
19. Calgary's Best Walks author Ms. Beattie
20. Kathleen Edwards' "_ _ _ _, You Get the Glory"
23. "The Facts of Life" role
25. Q. "I'm wondering _ '_' is the 15th letter?" A. "It is."
26. As per #6-Down... Vancouver-born actor John who played Muley
27. Poke
28. _ Paulo, Brazil
29. And: German
30. Vote in
32. Pleasant
35. Chichen _ (Mayan city)
39. Stockpile
40. Play-_
41. Start
42. Polynesian amulet
43. Mare's hair
44. Spry
45. "Evita" (1996) character
47. Inquire
49. Ancient 1501
50. Potato pancakes
53. Techie buy
54. Time _ _ a premium
55. As per #1-Across... Band, with The, from Kelowna, BC: 3 wds.
58. Prong
59. Opposing
60. 'Beaut' suffix
63. "Mary _ _ little..."
64. Hidden valley
65. Feudal lord
66. Variantly-spelled French lily
67. Literature governess Jane
68. EDM instrument

DOWN
1. Audio file format
2. 'Purch' addon (Buy)
3. Author of the book (with The) at #55-Across: John _ (b.1902 - d.1968)
4. Canadian actress Ms. Shearer
5. "_ _ Little Tenderness"
6. Daughter of actor Henry (He starred in the 1940 movie adaptation of #3-Down's book at #55-Across): 2 wds.
7. Two down, _ _ go...
8. Banda _ (City in Sumatra in Indonesia)
9. Central _, PEI
10. Computer-user's activity at times
11. 1988 Summer Olympics locale
12. Freight-carrying boat
16. The Greg _ Band
21. Car company
22. Greyish-brown
23. Throw out
24. _ Lama
28. Sault Marie link
31. Hummus ingredients
33. 'Opt' suffix
34. Jess Moskaluke's "_ _ and Cigarettes"
36. 1926 chalk portrait by Canadian artist Edwin Holgate: _ Chief (Samuel Gaum)
37. Nintendo's The Legend of _
38. Swallowed the loss: 2 wds.
41. Hardwood choice
43. Remy Shand's "Take a _"
46. "_ Haw"
48. April's seas.
50. Carpentry meas.
51. Typeface type
52. Actress Jessica
53. Following
54. Mouse on "The Simpsons"
56. Exclusively
57. River islets
61. Social bug
62. Book before Esth.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Some topics are best avoided today if you want to steer clear of heated arguments. The problem though is that the most divisive issues tend to be the ones on which you have the most to say. Oh go on then, be controversial.

Taurus April 21 - May 21
Try not to change things for the sake of it over the next 24 hours. You are thinking of altering something because others have been criticizing you for being too traditional. They're right, you are — but so what?

Gemini May 22 - June 21
The planets are moving in your favour now, so think positive and positive things are sure to occur. If you are in any way artistic you can create something special over the next few weeks.

Cancer June 22 - July 23
The decisions you make today will either come back to help you or come back to haunt you later in the month, so make sure they are good decisions emotionally and financially.

Leo July 24 - Aug. 23
Some problems go away if you take no notice of them but the problem you are wrestling with at the moment needs to be dealt with immediately.

Virgo Aug. 24 - Sept. 23
This could be a confusing day in that something is so obviously going right for you now but you still feel it could fall apart at any moment. Stop worrying about what the future will hold and live in the moment.

Libra Sept. 24 - Oct. 23
This is one of the best times of the year for relationships, so don't worry if you have not seen eye to eye with certain people of late. You are still very much on the same level mentally and emotionally.

Scorpio Oct. 24 - Nov. 22
What seems unimportant to you may be of earth-shattering significance to someone else, so don't dismiss their worries out of hand. Try showing a bit of empathy over the next 24 hours.

Sagittarius Nov. 23 - Dec. 21
With the Sun, Mercury and Uranus moving through one of the most dynamic areas of your chart you should be out there in the world making things happen. If you can't from where you are, go some place else.

Capricorn Dec. 22 - Jan. 20
Try not to let your emotions get the better of you today. That applies to all areas of your life but especially to money matters.

Aquarius Jan. 21 - Feb. 19
You have no option now but to accept that partners and colleagues have the upper hand. But you can plan ahead and look forward to a time when you are back in control.

Pisces
Feb. 20 - March 20
Some people say you should speak softly and carry a big stick, but why do you need a stick when you know you can charm anyone you please? Your way with words is all the protection you need.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3		5		1		2	
		4				9		
8		5		4		6		7
6		1		3		4		2
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	7		2		5		1	

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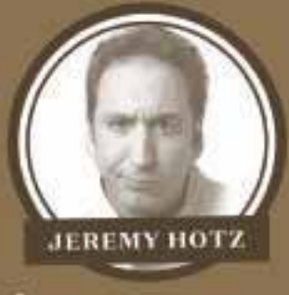
April 6-12, 2015

TOMORROW'S HIGHLIGHTS!

THURSDAY, APRIL 9



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THURSDAY GALA

Pantages Playhouse Theatre · 7:15pm · TICKETS: $35

The masterful Jeremy Hotz hosts a night of comedy dealing with the stresses of unwinding in the modern world.

‹ WCF THEATRE SERIES ›

TV DINNER

A multimedia improv show

Metropolitan Entertainment Centre
Cocktails · 5pm | Dinner · 6pm
Show · 7pm
TICKETS: $40 with dinner (floor seats)
$15 no dinner (balcony)

We turn down the sound and turn up the comedy on classic Canadian TV shows! World-class improv comedians grab the mic and improvise the soundtrack to your favourite classic Canadian TV shows.

WCF AFTER DARK

Metropolitan Entertainment Centre
10:30pm · TICKETS: $22
(18+ event – no minors)

Rebranded and ready to shock and awe, it's our annual Dark Show. Provocative comedy for smart grown-ups.

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